

F.

SIDE OPP. STRD. L ST. -

ARM FLING 'G BTW. DRAG + STETCH.

AFTER CHANGING DIRECTION - REPEAT

W. 3 LITTLE JUMPS

(1 IN STRD. + 2 IN PLACE.)



STRENGTH

PART

S.

O P P.  $\frac{1}{2}$  GRASP STRD. ST. - SLOW ALT.

DEEP KN. 3D'G W. ALT. A. RAIS'G

DIAC'LY SIDEW. UP'D.



F.

OPP. LONG SITTING - T. BD'G FOR'D TO  
GRASP FEET.



F.

ODP. GRASP TOE ST. - QUICK DEEP KN.  
DD'G + STRETCH'G IN 1 COUNT.



STRENGTH

S. & F.

KNEE ST. ARM. SPRING'G + ARM  
FLING'G.



STRENGTH

OPP. STRD. ST.-ARM SPRING  $\frac{1}{6}$  FROM BAR.



STRENGTH

RG. HD. KNEE ST. - ARM BEND'G +  
STRETCH'G.



S.

RING HD. KNEE ST.-ARM BEND'G ALT'G  
W. KNEE STRETCH'G.



RING HD. KNEE ST.-(1 LEG RAIS'D HIGH)  
ARM BEND'G.



S.

KNEE ST. - ARM SPRING'G , ARM FLING'G  
BTW. X. + FLY.





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